

Diabetes Self-Management Education Class

For people with diabetes, pre-diabetes or support person for a diabetic person

March 15	April 19
May 17	June 14
July 19	August 16
September 20	October 18
November 15	December 20

Class hours: 9:00 AM to 4:00 PM
30 minute lunch break included-feel free to bring a bag lunch

Location: Cobb County Extension Service
678 South Cobb Drive
Suite 200
Marietta, GA 30060

Cost: Contact the Diabetes Association of Atlanta for cost 404-527-7150, ext 114

Medicare and some insurance accepted (BCBS, Aetna, United Healthcare).
Self-pay fee and sliding scale available for those without insurance

Session	Topics	Time
1	What is Diabetes? Living with Diabetes Exercise Monitoring Medications Low Blood Sugar	9:00 AM-12:00 PM
2	Meal Planning Sick Day Care Long Term Complications Personal Health Habits Behavior Change Community Resources	12:30 PM- 4:00 PM

Take Charge of Your Health!

Classes are taught by licensed dietitians, registered nurses and Certified Diabetes Educators

For more information call 404-527-7150, ext 114